



State Health Commissioner Judith A. Monroe, M.D addressed nearly 70 people who attended the District 7 Health Summit that was held at the Putnam County Fairgrounds in Greencastle, Indiana on Monday, May 15. While Dr. Monroe came to share information about the health of Indiana citizens, she was also interested in learning about concerns and resources at the local level.

In her presentation, Dr. Monroe noted that Indiana was generally not the worst or the best in most health related areas such as obesity, smoking, level of exercise or eating nutritionally, but usually fell somewhere near the bottom. Like most states, Indiana has seen a steady increase in obesity and diabetes over the past 20 years.

“Our goal is to learn how the states that have seen improvement were able to accomplish such progress, and to look at ways that Indiana could implement similar strategies,” Dr. Monroe said.

Participants at the Summit spent the morning discussing ideas about Putnam County’s health related strengths and weaknesses. Several participants at the summit noted that often the problem was not a lack of resources, but knowing how to get people motivated to be more active, eat better, quit smoking and choose other activities that are known to improve health.

Several people in attendance commented that they were surprised to see how many resources, programs and activities were available and noted that one problem was a lack of communication to help more people be aware of all that is available.

In addition to hearing from Dr. Monroe, summit attendees were greeted by Mayor Nancy Michael, Greencastle, were addressed by Putnam County Health Officer Robert Heavin, M.D., and heard an update on preparations for potential pandemic influenza by Steve Walters, Putnam County Health Department.